



## Bang Bang Chicken

Serves: 4

### TASTE OF CATER CARE FACT

Bang Bang Chicken originated in the Szechuan region of China and was traditionally made with cold poached chicken and a spicy nut sauce. It is often claimed that the dish's name comes from the sound of the cooked chicken being pounded (bang bang) with a stick to tenderise it. But in reality, the dish is named after the wooden rod or cudgel used to tenderise it. The dish has become increasingly popular in recent years, and this recipe creates a delicious version that is perfect to serve as a sharing dish.

### INGREDIENTS

- 500ml Chicken Stock (salt reduced)
- 250ml Water
- 10gm Minced Ginger
- 720gm Chicken Breast Fillet - remove skin.
- 130gm Crunchy Peanut Butter
- 60ml Light Soy Sauce
- 1½ tbsp Chinkiang Vinegar
- 30gm Caster Sugar
- 2 tsp Roasted Sesame Oil
- 1 tsp Chilli Oil
- 60ml Chicken Stock (salt reduced)
- 15ml Water
- 750gm Vermicelli Rice Noodles - cook as per manufacturer's instruction.
- 700gm Lebanese Cucumber - top, tail, cut in half widthways, then cut each into six batons.
- 8 Shallots - remove root, use white section only, finely slice widthways.
- 60gm Sesame Seeds - roast until lightly golden.
- 16 small Coriander Sprigs - rinse and drain.
- 2 Long Red Chillies - remove stem and finely slice widthways.

### METHOD

1. Over a moderate heat, in a suitably sized saucepan, add the first quantity of chicken stock, first quantity of water and ginger, then mix to combine and bring the stock up to a gentle simmer. Add the chicken, bring the stock back to a simmer and cook for 8 minutes or until the chicken is just cooked through. Remove the saucepan from the heat, set to one side (leaving the chicken in the stock) for 5 minutes to allow the stock and chicken to cool down.
2. Remove the chicken from the poaching stock, reserve 2 tablespoons of the stock and discard the remainder. Place the chicken breast onto a clean chopping board and lightly bang it with a rolling pin to loosen its fibres. Once this has been completed, finely shred the chicken and place it into a mixing bowl, then add the reserved stock, mix to combine and set to one side.
3. In a mixing bowl, add the peanut butter, light soy sauce, vinegar, caster sugar, roasted sesame oil, chilli oil, second quantity of chicken stock and second quantity of water, then whisk to thoroughly combine and set to one side.

### TO SERVE

In a mixing bowl, add the chicken, noodles, cucumber and shallots, then gently toss to combine. Place the noodle and chicken mixture onto the centre of a serving bowl or platter and sprinkle with the sesame seeds, coriander sprigs and red chilli. Finally, drizzle the salad with a third of the peanut dressing, placing the remainder in a small bowl for guests to help themselves.